



COVID-19 Level 3 Senior Coaching Rules Guidelines

All the protocols we have in place are as per Tennis Ireland, the HSE and the Government Guidelines for Level 3. This document will change as we move up and down the levels. We will advise you of the changes via WhatsApp and Email.

We have applied the pod system to all coaching sessions.

Cardio will now take place on courts 3 and 4 instead of 8 to ensure social distancing can be maintained and the numbers per sessions don't change. Drop in cardio will not take place and please be mindful of the Pod system with regard to joining other sessions as a drop in.

We have increased the number of assistants and coaches as needed to sessions to ensure the pods can be maintained.

If an activity requires the pods to interact together it will be completed with social distancing e.g. Doubles Pod 1 is on one side and Pod 2 is on the other side of the court.

We are very lucky that Tennis as a sport can still be played and as such we need to adhere to these guidelines as much as possible for everyone's health and safety. The Coaching Team will assist as best we can to make the next few weeks as easy as possible on everyone.

For your queries please contact - Kathryn Leonard 087 6544051 Head Coach

Now to the changes and rules:

1. Masks must be worn by everyone while on the grounds of Templeogue Tennis Club. The only exception to this rule will be whilst playing tennis or in coaching sessions i.e. when on court.
2. Under no circumstances can should a member partake in coaching or play tennis if any of the following scenarios apply:
 - a) Displaying Covid Symptoms
 - b) Awaiting Test Results
 - c) Awaiting Test Date
 - d) Someone within the household is awaiting test results or date
 - e) Member has travelled to a non green list country and have not finished their 10/14 Day restriction of movements
 - f) Someone in the household has travelled to a non green list country and has not finished their 10/14 Day restriction of movements.
3. Social Distancing must be adhered to when on club ground.

4. You must proceed to court for coaching and wait until the previous coaching session has left the court before entering the court.
5. Coaches will wear masks when social distancing cannot be maintained and also when they are not on a court completing coaching activity or playing tennis.
6. Always reduce interaction prior and after coaching sessions.
7. Unfortunately, if there is any breach of these rules, we will be forced into a position to escalate which could involve no access to coaching.
8. Should we be in a level of COVID that results in coaching being put on hold, we will be postponing rather than cancelling and will commence with the coaching term as soon as we are permitted to do so.
9. COVID wardens will be on site during the busy times of coaching and we would ask you to be aware that these persons are volunteers and are there to support all members during the Level 3 status.

The Grid below shows the main points for Level 3

GUIDE SHEET

Coronavirus COVID-19 National Programme

Dublin Risk Level 3

These are the restrictions that now apply in Dublin City and County:

Social & Family Gatherings home or garden 	Max: 6 from 1 household	Religious Services 	Services move online – Open for private prayer	Workplace 	 Work from home unless absolutely necessary
Weddings 	Up to 25 Guests	Funerals 	Up to 25 Mourners	Travel – Out 	Stay in Co. Dublin except for education, work and other essential purposes
Organised Indoor Events 	 No organised events	Bars serving food Cafés & Restaurants 	15 outdoor dining Takeaway and delivery	Travel – In 	Do not come to Co. Dublin except for education, work and other essential purposes
Organised Outdoor Events 	Up to 15 People	Hotels, Guesthouses B&Bs 	Open Services limited to Residents Only	Public Transport 	Use only if essential – Walk or cycle as much as possible 
Indoor Sports Training 	Individual only No classes	Wet Pubs 	 Closed	Swimming Pools, Leisure Centres, Gyms 	Individual Training Open with protective measures
Outdoor Sports Training 	Non-contact, pods of up to 15 Specific exemptions apply	Retail & Personal Services 	Open with protective measures 	Indoor Cultural Venues 	 Closed
Matches & Events 	 No events Specific exemptions apply	Schools, Early Learning, & Childcare Services 	Open with protective measures	Local Amenities 	Libraries available for e-services/call & collect Playgrounds and parks open
Long-term Residential Care Facilities 	Visits suspended apart from critical/compassionate grounds	Adult/ Higher Education 	Open with protective measures	Over 70s & Medically Vulnerable 	Use your judgment Stay at home as much as possible Limit social contacts

More information on what you can do to stay safe and reduce our Risk Level can be found at gov.ie/dublin



Rialtas na hÉireann
Government of Ireland